

Fatigue

Fatigue is a very common side effect of cancer treatment that can disrupt your ability to do everyday things. Here's what you can do to help deal with fatigue.

TRY THIS

Ask for help. Reach out to friends and family to help you with chores and errands.

Set priorities. Identify the most important tasks each day, and then focus your energy on those tasks.

Keep a schedule. Wake up, go to bed, and rest at the same times each day.

Be active. Get an energy boost with exercise, even if it's only for a few minutes.

CHECK THIS OUT

Visit the Springboard page on Fatigue.

<https://smokefree.gov/springboard/symptoms/fatigue>

Listen to this audio recording for ways to deal with fatigue caused by cancer treatment. <http://go.usa.gov/xxAeQ>

Find out what caregivers can do to help you. <http://goo.gl/27UKHH>

<https://smokefree.gov/springboard/>

Infections

Infections begin when germs enter the body and cause harm. Cancer and certain treatments can increase your risk of getting an infection, but you can protect yourself.

TRY THIS

Wash your hands. Keep your hands clean, especially before eating.

Take care of cuts, scrapes, and surgery wounds. Clean broken skin and protect it with a bandage.

Avoid germs. Stay away from people who are sick or have a cold. Avoid crowds. Make sure your food is clean and thoroughly cooked.

CHECK THIS OUT

Visit the Springboard page on Infections.

<https://smokefree.gov/springboard/symptoms/infections>

Learn the signs of infection (<http://goo.gl/bw6E7q>) and how to prevent infections in people with cancer (<http://goo.gl/EUOoEX>).

Learn three simple steps to help avoid infection. <http://goo.gl/x0vdHZ>

<https://smokefree.gov/springboard/>

Skin and Nail Changes

Cancer treatments may cause a range of skin and nail changes, including color changes, redness, itching, dryness, and rashes. You can take care of most of these yourself.

TRY THIS

Try gentle products. Use mild soaps, lotions, and creams.

Protect your skin from the sun. Wear loose-fitting clothing and a hat when outdoors. Check with your health care team if it's okay to use sunscreen.

Avoid hot water. Shower in lukewarm water and avoid baths.

Wear gloves. Cover your hands when you wash the dishes, clean the house, or work in the garden.

CHECK THIS OUT

Visit the Springboard page on Skin and Nail Changes.

<https://smokefree.gov/springboard/symptoms/skin-and-nail-changes>

Listen to what you can do about mild skin changes during radiation therapy. <http://go.usa.gov/xxJHj>

Learn what you can do to manage this and other side effects of cancer treatment. <http://goo.gl/y5jRG6>

<https://smokefree.gov/springboard/>

Be Active

Exercise is not only safe and possible during cancer treatment, but it can improve how well you function physically and your quality of life.

TRY THIS

Do physical activity. Being physically active for even just a few minutes a day is helpful.

Begin with warm-up exercises. Start slowly and warm up for at least 2 to 3 minutes.

CHECK THIS OUT

Visit the Springboard page Be Active.

<https://smokefree.gov/springboard/wellness/be-active>

Watch this video on finding time for exercise when you're busy. <https://goo.gl/NZynYN>

Use the SuperTracker to track your food and physical activity. <http://go.usa.gov/xaKpj>

<https://smokefree.gov/springboard/>

Healthy Eating

Eating well can help you feel and live better during and after treatment. Here are some tips to help you.

TRY THIS

Work with a specialist. Ask a dietitian to help you create a nutritious, balanced eating plan.

Shop smart. Stock your kitchen with healthy foods.

Practice mindful eating. Don't get too hungry before you eat. Stop eating when you're full.

CHECK THIS OUT

Visit the Springboard page Healthy Eating.

<https://smokefree.gov/springboard/wellness/healthy-eating>

Sign up for HealthyYouTXT. <http://go.usa.gov/xaKpV>

Watch these videos on healthy eating, acting, and living.

<https://goo.gl/0lmSHq>

Learn more about nutrition after treatment ends. <http://goo.gl/LBjsmv>

<https://smokefree.gov/springboard/>

Health Care Team

Cancer treatment typically requires a team of health care professionals, including doctors, nurses, and other staff who help take care of you before, during, and after treatment.

TRY THIS

Establish good communication. Take notes and bring someone with you to appointments.

Build a relationship. Let your health care team know what you expect from them.

Be prepared. Write down questions ahead of appointments.

Consider a second opinion. Ask your doctor for a referral and to share your medical records.

CHECK THIS OUT

Visit the Springboard page Health Care Team.

<https://smokefree.gov/springboard/get-support/health-care-team>

Get additional resources to help you. <http://goo.gl/gkj0K3>

Read this fact sheet on communication in cancer care.

<http://go.usa.gov/xaKvd>

<https://smokefree.gov/springboard/>